

# **Kentucky Adolescent Tobacco Prevention Project**

## **Brief Program Description**

The Kentucky Adolescent Tobacco Prevention Project is a school-based curriculum for high-risk middle school students who live in tobacco-producing areas. The six-session program uses trained peer leaders to assist with skills training. Students learn--

- How to recognize types of peer pressure
- Refusal skills
- Assertiveness skills
- How to recognize and counter advertising appeals

In the program, students pledge not to use tobacco, and they learn about the negative consequences of using tobacco, including immediate physical consequences. The program includes three booster sessions to reinforce earlier-taught concepts. The basic curriculum is delivered in grade 7; three booster sessions are delivered in grade 8.

At 1-year followup, 6-months after booster delivery, students receiving the Kentucky Adolescent Tobacco Prevention Project intervention had lower 24-hour, 7-day and 30-day smoking than students in the control group. Among the subset of students directly involved in raising tobacco, intervention effects were even stronger.

## **Program Development Support**

The National Cancer Institute funded development and testing of the program curriculum under Grant No CA48625. Contributors to Kentucky Adolescent Tobacco Prevention Project research included Viki Y. Ford, B.A; Richard J. Kryscio, Ph.D.; Linda H. Linville, Ph.D.; Melody Noland, Ph.D.; Richard S. Riggs, Ed.D.; and Thomas C. Tucker, M.P.H. David Murray, Ph.D. was the project consultant.

## **Contact Information**

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